

Community Resources

Below is some useful information about access to health care, including instructions on how to re-fill prescription medication which may have been lost in the flooding. Information on shelters and legal clinics is also available.

Medical Needs

Medicare Beneficiaries

If you live in a county that declared an "emergency area" you have special rights under Medicare:

- Seeing a Doctor:
- You can see any doctor that accepts Medicare patients, even if your health care need isn't an emergency. You will only have to pay the in-network rate during the emergency period. In some instances you may have to ask for reimbursement from your plan for out-of-area or out-of-network services received.
- If you are in a Medicare Advantage plan (such as an HMO or PPO), you will not have to meet your plan's prior authorization and/or out-of-network rules.
- Getting your Prescription Drugs:
- In general, you won't be required to go to your usual pharmacy for a replacement supply if you can't get to your prescription drugs, or if they are lost or damaged. The Centers for Medicare and Medicaid Services (CMS), the federal agency that runs the Medicare Program, expects plans to lift the rules that would normally keep you from refilling your prescriptions earlier than needed.

If you have questions or want more information call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. 1-800-MEDICARE can also give you your plan's contact information if you need it.

BlueCross
BlueShield of Tennessee
and CVS Caremark

BCBS of
TN and CVS Caremark announced on Friday May 7th that they were
temporary lifting certain pharmacy restricts for those Tennessee impacted by recent floods,
allowing individuals to refill their prescriptions early to replenish their
supply. This guidance will last for up to three weeks.

For more
information about the waivers, members insured by BlueCross BlueShield of Tennessee can call the
customer service number found on the back of their ID card or go to www.bcbst.com

The
Dispensary of Hope

The Dispensary
of Hope is an organization that provides medications to patients in
need. There are over 25 dispensaries throughout the State of Tennessee.

If you
need medicine, you can go online to the Dispensary of Hope and request
assistance.

<http://www.dispensaryofhope.org/find-meds>
or call 1.888.428.HOPE (4673) or 615.284.6468

The Dispensary is anticipating an increase in demand for medications throughout
Tennessee over the next 60 days and is accepting donations of medicine:

Email: victoria.jones@dispensaryofhope.org
or visit: <http://www.dispensaryofhope.org/give-meds>
if you are able to help out.

Remember:
Always wash your hands with soap and clean water (tap water or water that has
been boiled or disinfected):

- before
preparing or eating food
- after
toilet use
- after
participating in flood cleanup activities
- after
handling articles contaminated with flood water or sewage.

Flood

waters may contain sewage and other hazardous substances. Although skin contact with flood water does not, by itself, pose a serious health risk, there is some risk of disease from eating or drinking anything contaminated with flood water. If you have any open cuts or sores that will be exposed to flood water, keep them as clean as possible by washing well with soap to control infection. If a wound develops redness, swelling, or drainage, seek immediate medical attention.

In addition, parents need to help children avoid illness. Do not allow children to play in flood water areas, wash children's hands frequently (always before meals), and do not allow children to play with flood-water contaminated toys that have not been disinfected. You can disinfect toys using a solution of one cup of bleach in 5 gallons of water.

Shelters:

Red Cross shelters are currently operating at the following locations and have room available:

Lipscomb University

3901 Granny White Pike

Nashville, TN 37204

Al Menah Shrine Center

1354 Brick Church Pike

Nashville, TN 37207

Gordon Jewish Community Center

801 Percy Warner Blvd; Suite 101

Nashville, TN 37205

Sycamore High School

1021 Old Clarksville
Pike

Pleasant View, TN
37146

First Baptist Church
Hendersonville

106 Bluegrass Commons

Hendersonville, TN 37075

For an up to the
minute list of Shelter, please visit: <http://www.redcross.org/nss/>

Mold

Excess moisture and standing
water contribute to the growth of mold in homes and other buildings.
Infants, the elderly, or anyone with asthma, allergies and other breathing
conditions may be sensitive to mold. People with immune suppression are also
susceptible to mold infections. Two of the best sources of information about
mold and what to do about it are the Centers for Disease Control (CDC) and the Environmental
Protection Agency (EPA) .

Legal Clinics:

There are a number of
free legal clinics for those with questions about the disaster relief services
available to them. Attorneys will be on
hand to answer your questions on the following subjects:

- * Securing government
benefits available to disaster victims
- * Filing life, medical and property insurance claims
- * Dealing with home repair contracts and contractors
- * Replacing missing or destroyed wills and other legal documents
- * Dealing with consumer protection matters, remedies and procedures
- * Counseling on mortgage-foreclosure problems
- * Counseling on landlord/tenant problems

These service centers
are currently open from 10 a.m. to 6 p.m. Monday - Saturday. No appointments are necessary.

Bellevue Community Center

656 Colice Jeanne Road

Nashville, TN 37221

Coleman Community Center

384 Thompson Lane
(at Nolensville Rd.)

Nashville, TN 37211

East Community Center

700 Woodland Street

Nashville, TN 37206

Hadley Park Community Center

1037 28th Avenue North

Nashville, TN 37208

Hermitage Community Center

3720 James Kay Lane

Nashville, TN 37076

Repair Guidelines
(from Metro Codes)

Repairing
electrical systems exposed to flood watr

Restarting
heating and cooling appliances

Repair of water heaters exposed to flood waters

